

# The PeopleSmart Wellness Programme

## Ensuring an integrated approach to Wellness



Do you know how effective your current wellness services are?

Are you aware of how many employees use your HCT/Wellness/EAP services?



We encounter many organisations who have all the right elements of a wellness programme however they operate in silos and leave much of the work to one or two stakeholders (e.g. the clinic on site, the SHE Department, the Occupational Medical Practitioners, the Managers etc.). In addition, Wellness/EAP services are often not utilised as effectively as they could be, with little H&S awareness in the organisation, measurement of impact and only a small percentage of employees making use of the services.

The impact of Covid-19 has exacerbated the need for employee wellness. This is especially the case with Mental Health. With South Africa having one of the lowest rankings on mental wellbeing (*Mental State of the World Report, 2021*) the need for breaking the stigma and asking for help is more critical than ever!

PeopleSmart has successfully developed and implemented a number of integrated wellness programmes. We will partner with your existing wellness service providers to ensure a holistic approach to wellness and deliver a wellness programme that enables and builds on the strengths of your existing wellness services.



Contact us for more information:



+27 31 201 4241

[info@peoplesmart.global](mailto:info@peoplesmart.global)

[www.peoplesmart.global](http://www.peoplesmart.global)